四庫全書

子部

欽定四庫全書

子部

農政全書卷六十

詳校官中書臣竇汝翼

編修臣倉聖脈覆勘

總校官進士臣朱鈐

校對官中書臣高中

謄錄監生臣施華

繪圖監生臣竇光國

農政全書卷六十

荒政

野菜譜

明 徐光啟 撰

王磐野菜譜序曰穀不熟曰饑菜不熟曰饉饑饉之年

堯湯所不能免惟在有以濟之耳正德間江淮迭經水

旱饑民枕藉道路有司雖有賑發不能遍濟率皆採摘

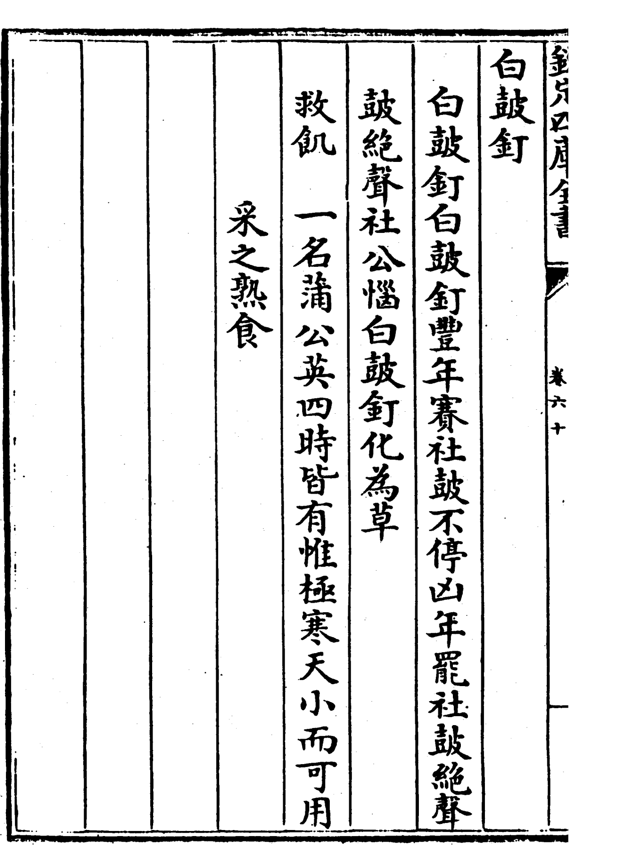
野菜以充食賴之活者甚衆但其間形類相似美惡不同誤食之或至傷生此野菜譜所不可無也予雖不為世用濟物之心未嘗忘田居朝夕歷覽詳詢前後僅得六十餘種取其象而圖之俾人人易識不至誤食而傷生且因其名而為詠庶乎因是以流傳非特於吾民有所補濟抑亦可以備觀風者之採擇焉此野人之本意也同志者因其未備而廣之則又幸矣

張綖跋曰昔陶隱居註本草謂誤註之害甚於註周易

之誤其言雖過要之有補於世也吾西樓著野菜譜觀其自叙亦隱居之意歟較又微矣雖然無逸豳風其言稼穡艱難至矣自井田廢王政缺民生之艱尤有不忍言者斯譜備述閭閻小民艱食之情仁人君子觀之當憮然而感惻然而傷由是而講孟子之王道備周官之荒政思艱圖易使怨咨者獲乃寧之願不特多識庶草之名而已故曰可以備觀風者之採擇意正在此歟然則斯譜也孰謂其微哉孰謂其微哉

白鼓釘





白皷釘

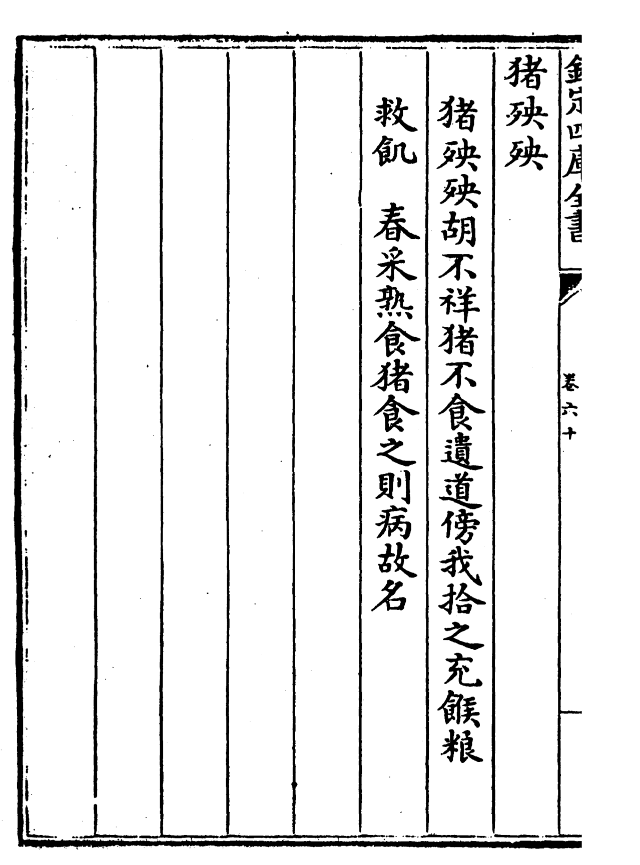
白皷釘白皷釘豐年賽社皷不停凶年罷社皷絶聲

皷絶聲社公惱白皷釘化為草

救飢　一名蒲公英四時皆有惟極寒天小而可用

采之熟食

猪殃殃

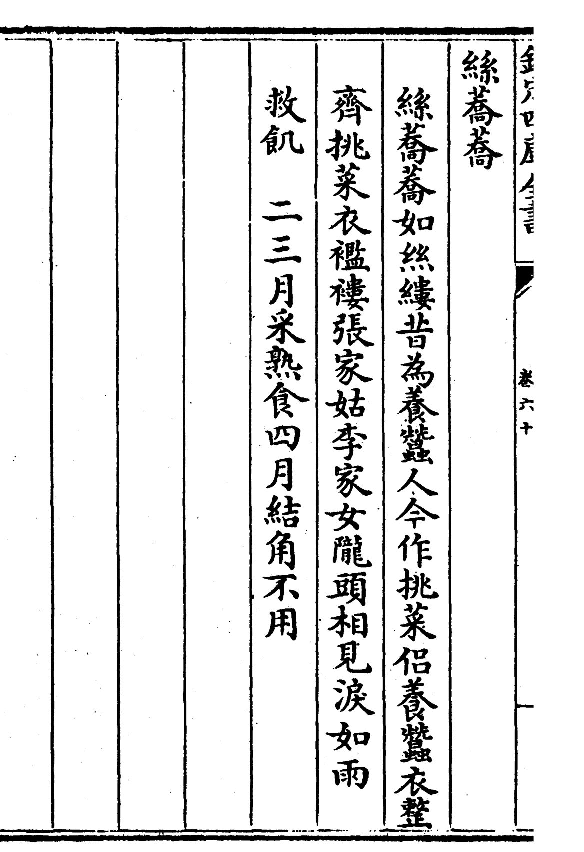


猪殃殃

猪殃殃胡不祥猪不食遺道傍我拾之充餱粮

救飢　春采熟食猪食之則病故名

絲蕎蕎

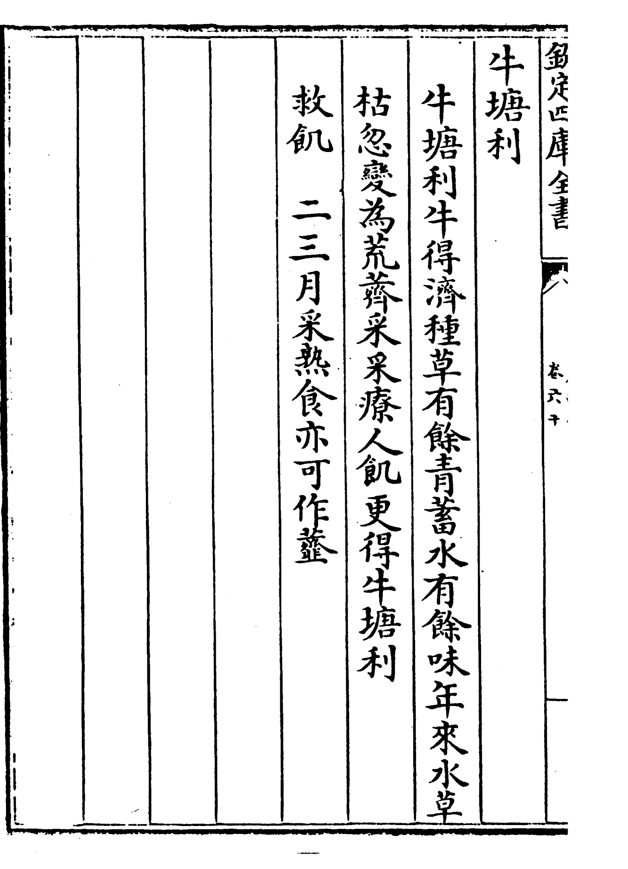


絲蕎蕎

絲蕎蕎如絲縷昔為養蠶人今作挑菜侶養蠶衣整齊挑菜衣襤褸張家姑李家女隴頭相見淚如雨

救飢　二三月采熟食四月結角不用

牛塘利

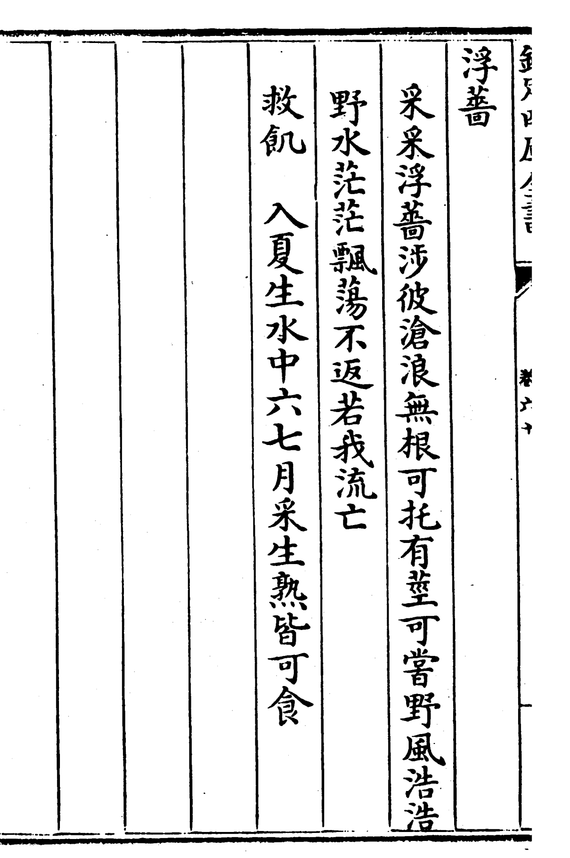


牛塘利

牛塘利牛得濟種草有餘青蓄水有餘味年來水草枯忽變為荒蕪采采療人飢更得牛塘利

救飢　二三月采熟食亦可作虀

浮薔



浮萍

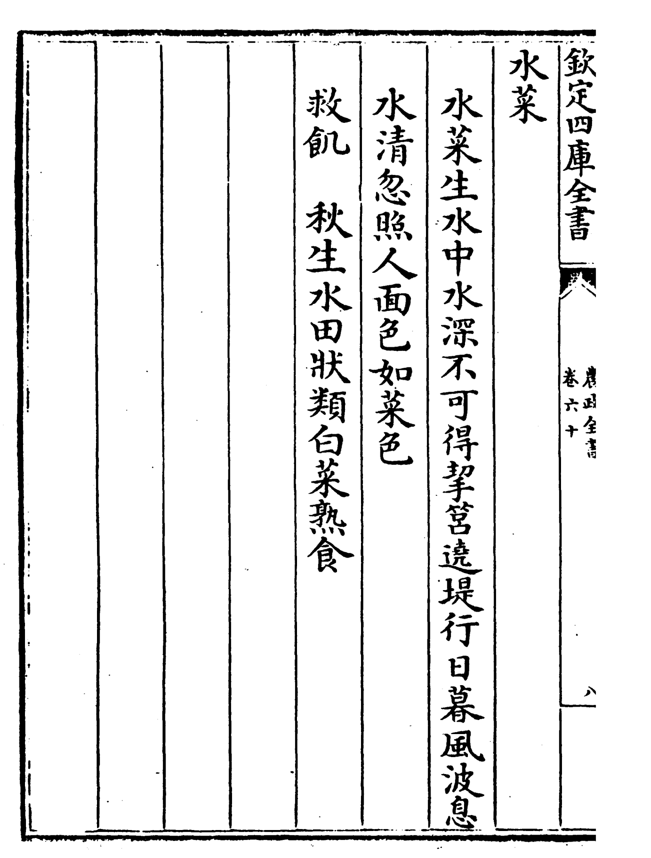
采采浮萍涉彼滄浪無根可托有莖可嘗野風浩浩

野水茫茫飄蕩不返若我流亡

救飢　入夏生水中六七月采生熟皆可食

水菜





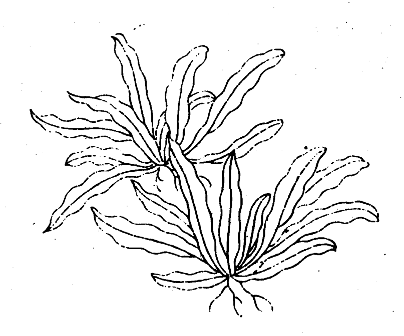
水菜

水菜生水中水深不可得挈筥遶堤行日暮風波息

水清忽照人面色如菜色

救飢　秋生水田狀類白菜熟食

看麥娘



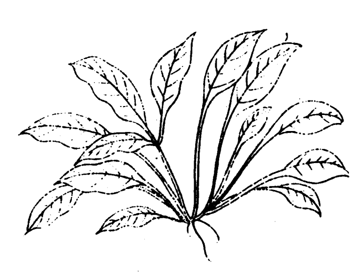
看麥娘

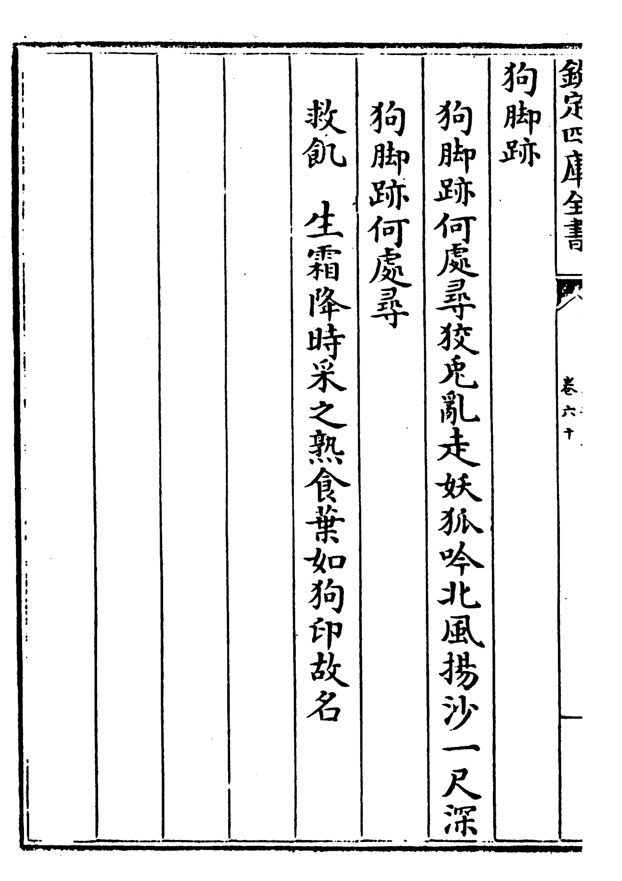
看麥娘來何早麥未登人未飽何當與爾還厥家共

嚥糟糠暫相保

救飢　隨麥生隴上因名春采熟食

狗脚跡





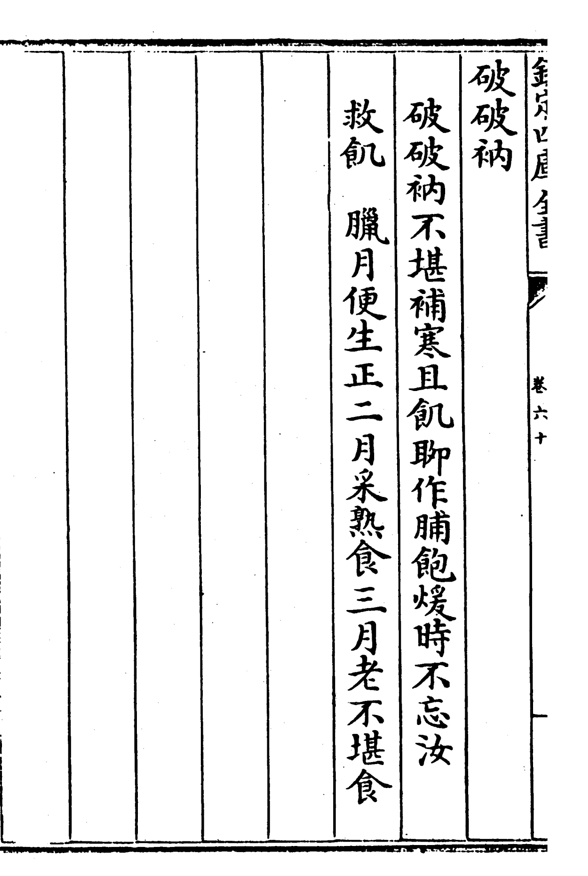
狗脚跡

狗脚跡何處尋狡兎亂走妖狐吟北風揚沙一尺深

狗脚跡何處尋

救飢 生霜降時采之熟食葉如狗印故名

破破衲



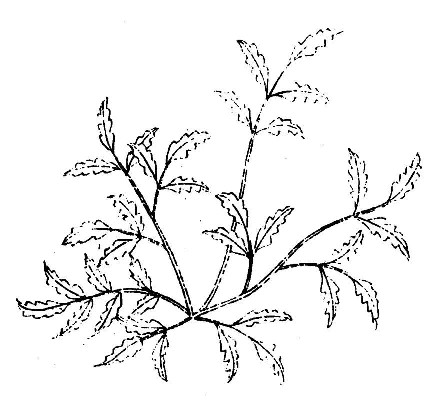
破破衲

破破衲不堪補寒且飢聊作脯飽煖時不忘汝

救飢　臘月便生正二月采熟食三月老不堪食

斜蒿





斜蒿

斜蒿復斜蒿采采臨春郊終日不盈把悵望登東皐欲進不能進風日寒瀟瀟

救飢　三四月生小者一科俱可用大者摘嫩頭於湯中畧過晒乾再用湯泡油鹽拌食白食亦可

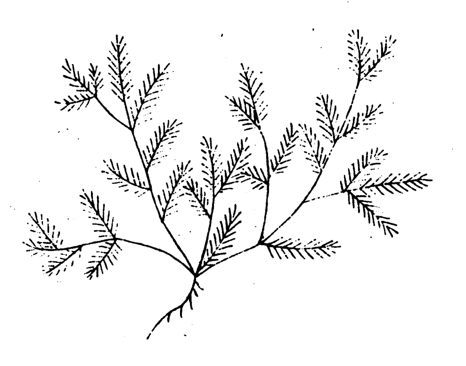
江薺

江薺

江薺青青江水緑江邊挑菜女兒哭爺娘新死尺赹熟止存我與妹看屋

救飢　生熟皆可用花時不可食但可作虀臘月生

燕子不來香

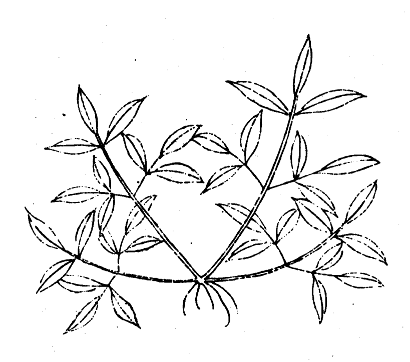


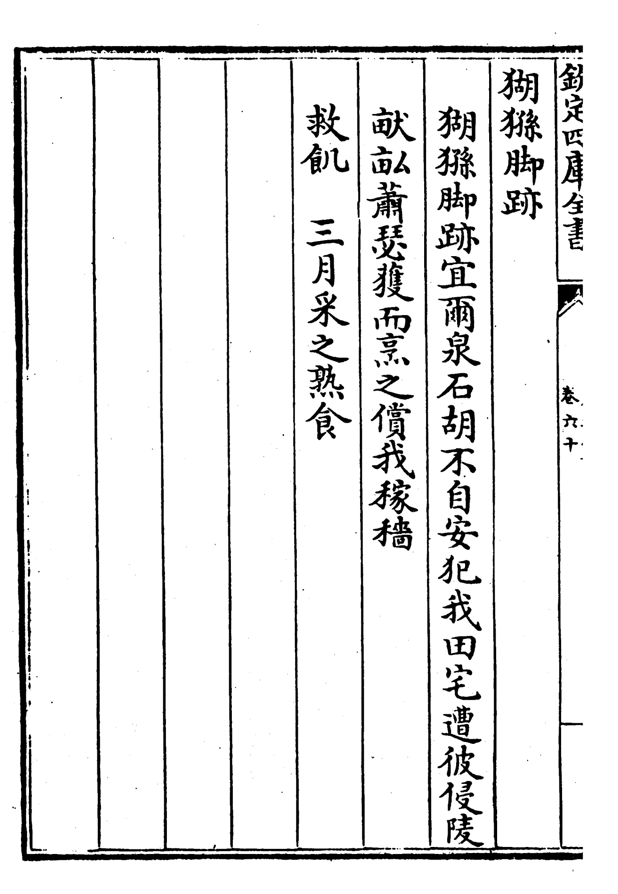
燕子不來香

燕子不來香燕子來時便不香我願今年燕不來常與吾民充餱粮

救飢　早春採可熟食燕來時則腥臭不堪食故名

猢猻脚跡





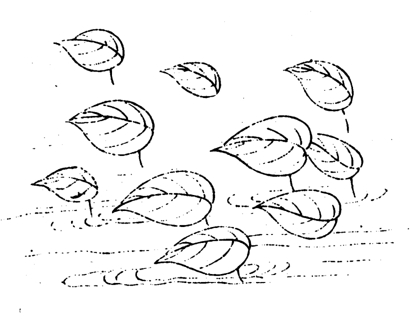
猢猻脚跡

猢猻脚跡宜爾泉石胡不自安犯我田宅遭彼侵陵

畝䢃蕭瑟獲而烹之償我稼穡

救飢　三月采之熟食

眼子菜



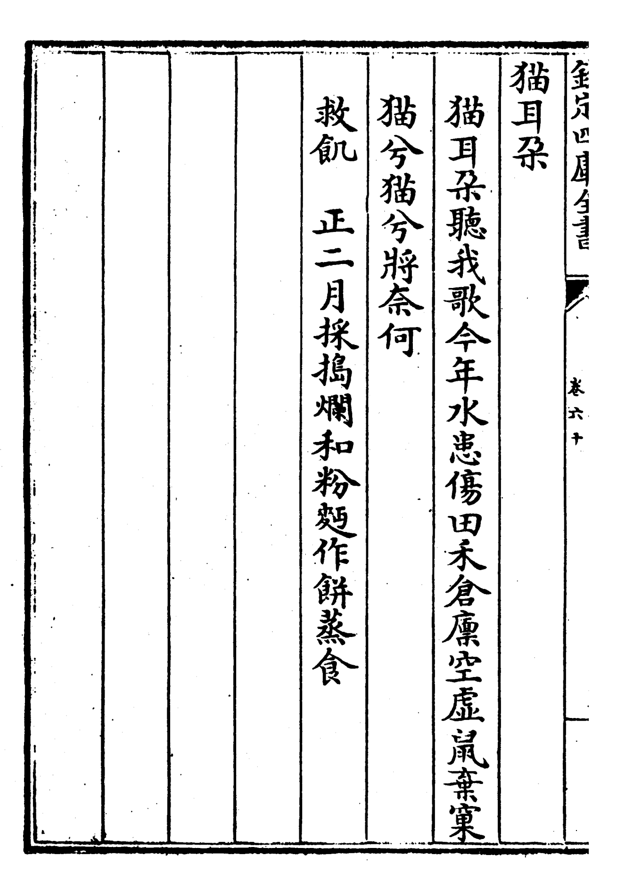
眼子菜

眼子菜如張目年年盼春懷布縠猶向秋來望時熟何事頻年倦不開愁看四野波漂屋

救飢 采之熟食六七月採生水澤中青葉背紫色莖柔滑而細長可數尺

猫耳朵





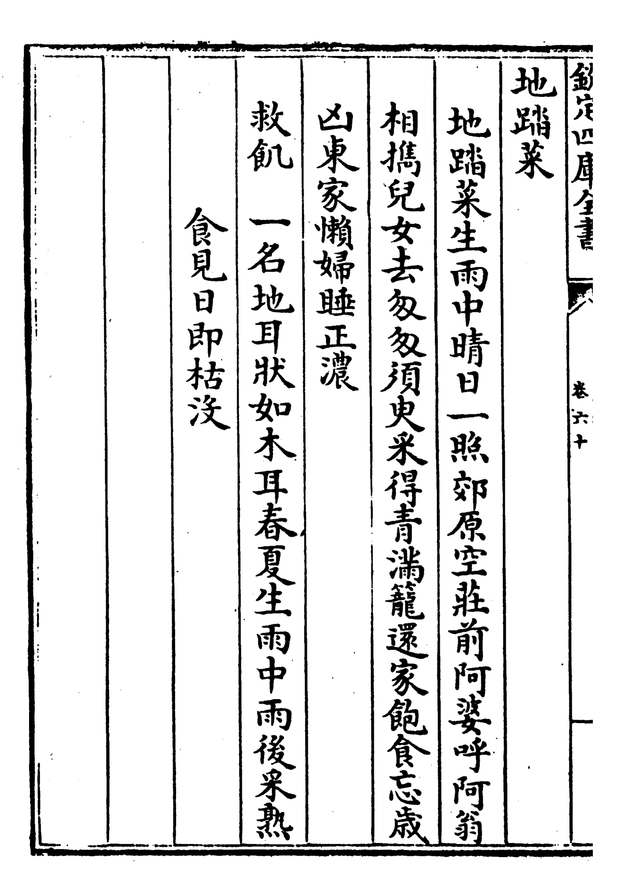
猫耳朶

猫耳朶聽我歌今年水患傷田禾倉廪空虛鼠棄窠

猫兮猫兮將奈何

救飢　正二月採搗爛和粉麪作餅蒸食

地踏菜

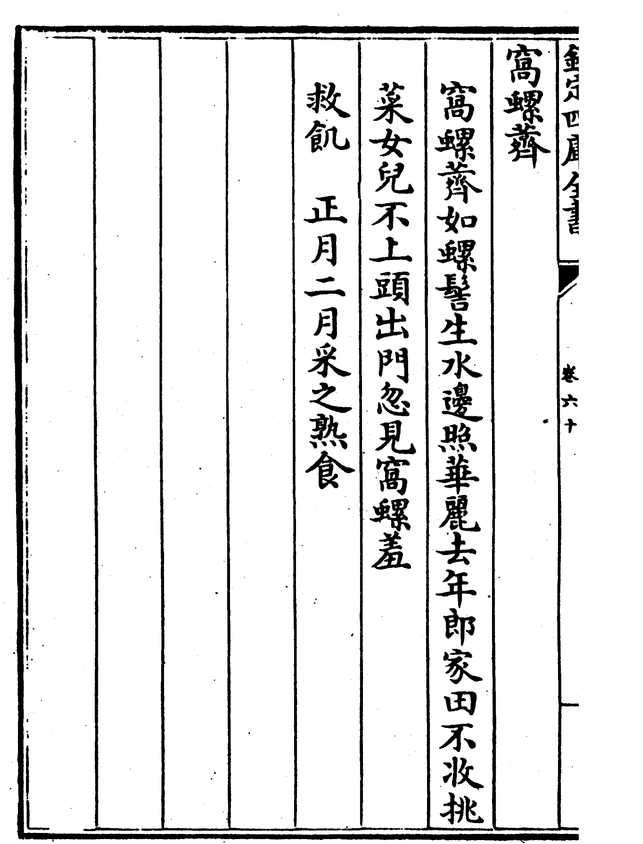


地踏菜

地踏菜生雨中晴日一照郊原空莊前阿婆呼阿翁相攜兒女去匆匆須臾采得青滿籠還家飽食忘歲凶東家懶婦睡正濃

救飢 一名地耳狀如木耳春夏生雨中雨後采熟食見日即枯沒

窩螺薺

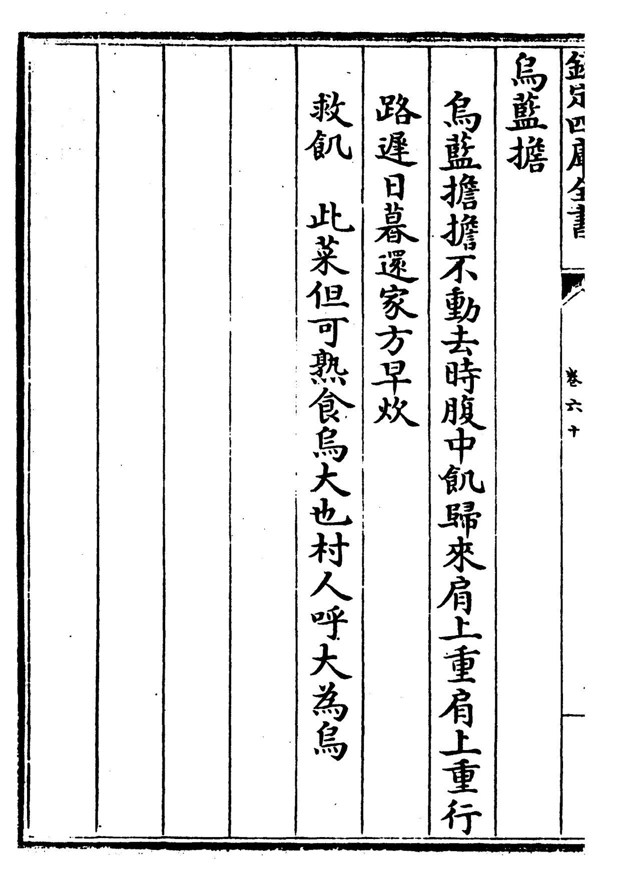


窩螺薺

窩螺薺如螺髻生水邊照華麗去年郎家田不收挑菜女兒不上頭出門忽見窩螺羞

救飢　正月二月采之熟食

烏藍擔



烏藍擔

烏藍擔擔不動去時腹中飢歸來肩上重肩上重行路遲日暮還家方早炊

救飢　此菜但可熟食烏大也村人呼大為烏

蒲兒根

蒲兒根

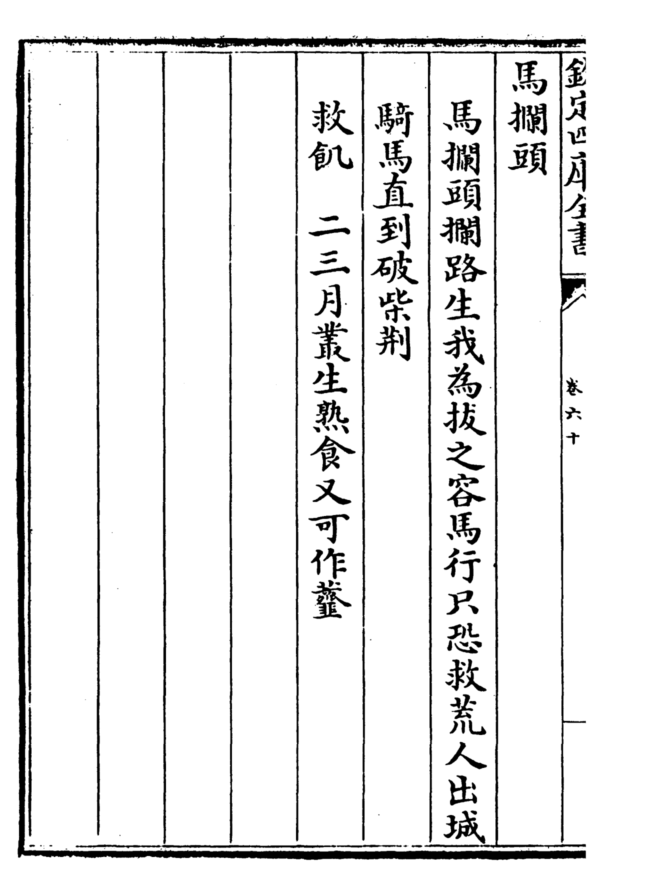
蒲兒根生水曲年年砍蒲千萬束水鄉人家衣食足

今年水深湥絶蒲食盡蒲根生意無

救飢　即蒲草嫩根也生熟皆可食

馬攔頭





馬攔頭

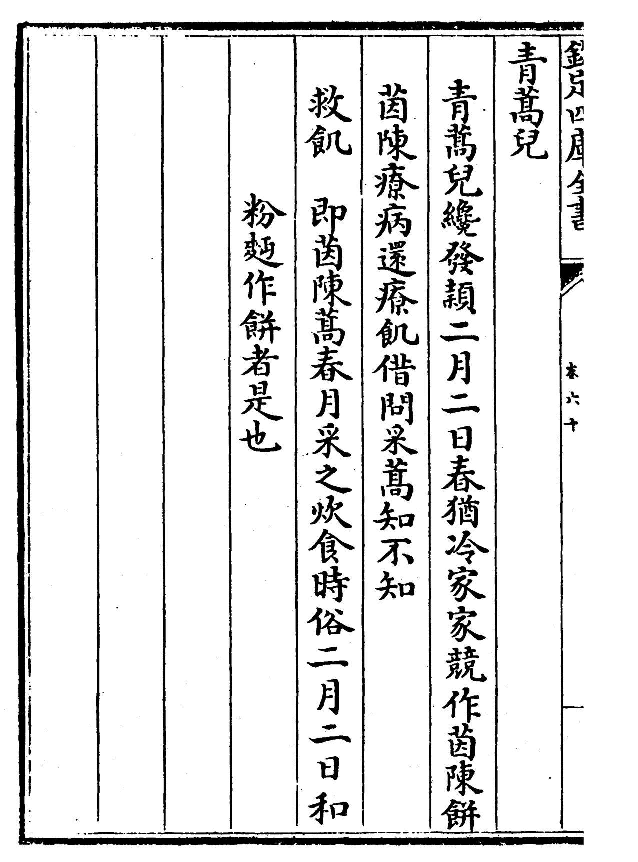
馬攔頭攔路生我為拔之容馬行只恐救荒人出城

騎馬直到破柴荊

救飢　二三月叢生熟食又可作虀

青蒿兒



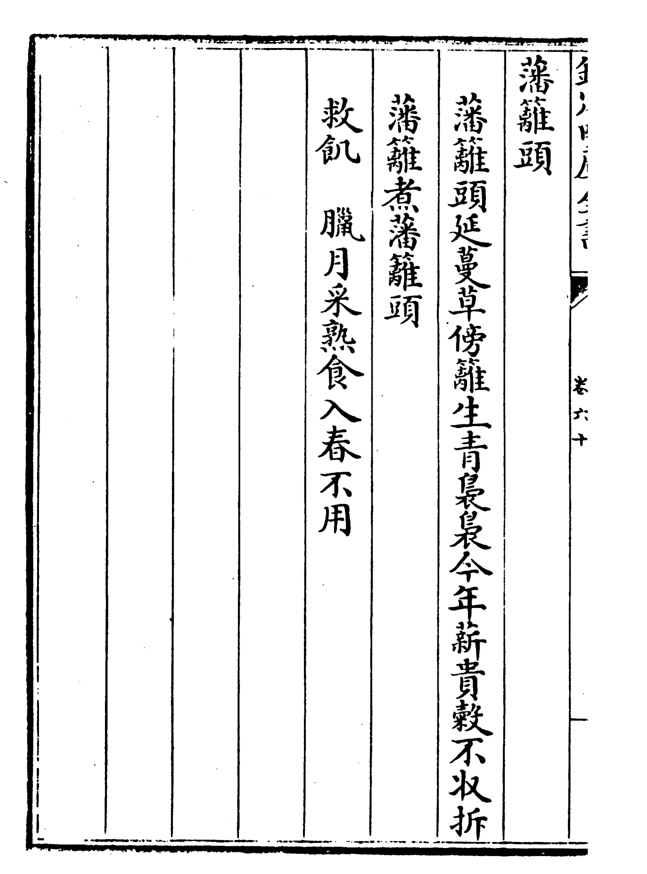


青蒿兒

青蒿兒纔發頴二月二日春猶冷家家競作茵陳餅茵陳療病還療飢借問采蒿知不知

救飢 即茵陳蒿春月采之炊食時俗二月二日和粉麪作餅者是也

蕃蘺頭



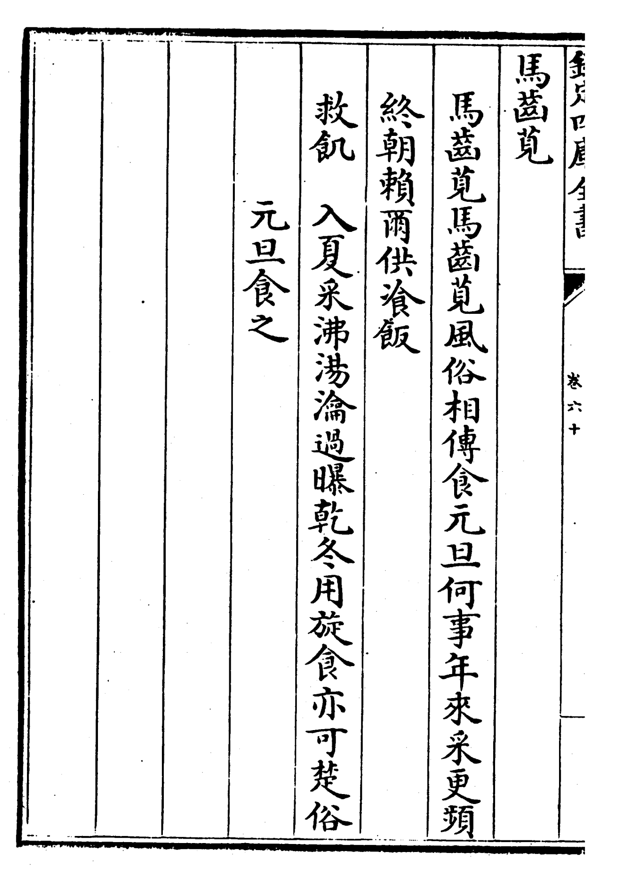
藩蘺頭

藩蘺頭延蔓草傍籬生青裊裊今年薪貴穀不收折

藩蘺煑藩蘺頭

救飢　臘月采熟食入春不用

馬齒莧



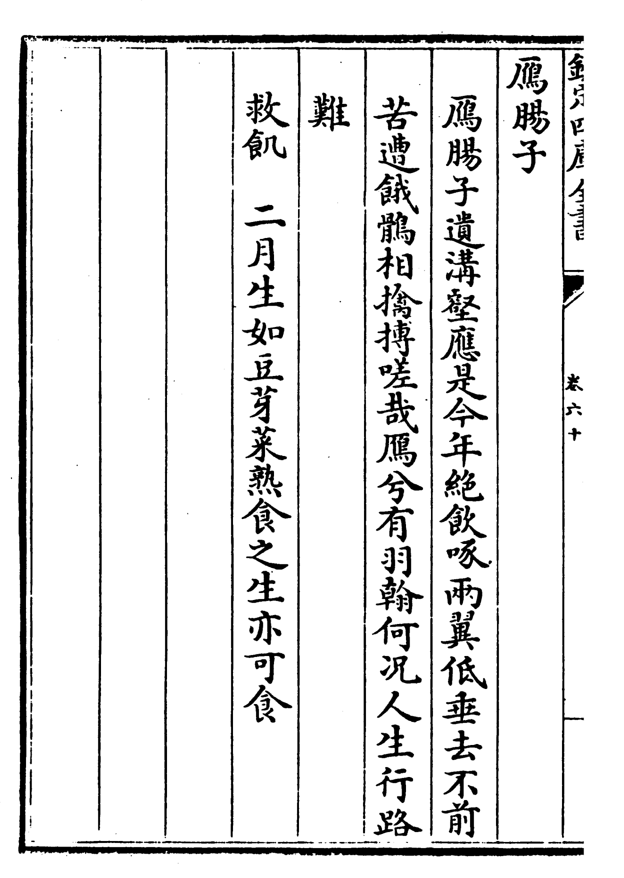
馬齒莧

馬齒莧馬齒莧風俗相傳食元旦何事年來采更頻終朝頼爾供飧飯

救飢 入夏采沸湯瀹過曝乾冬用旋食亦可楚俗元旦食之

鴈腸子





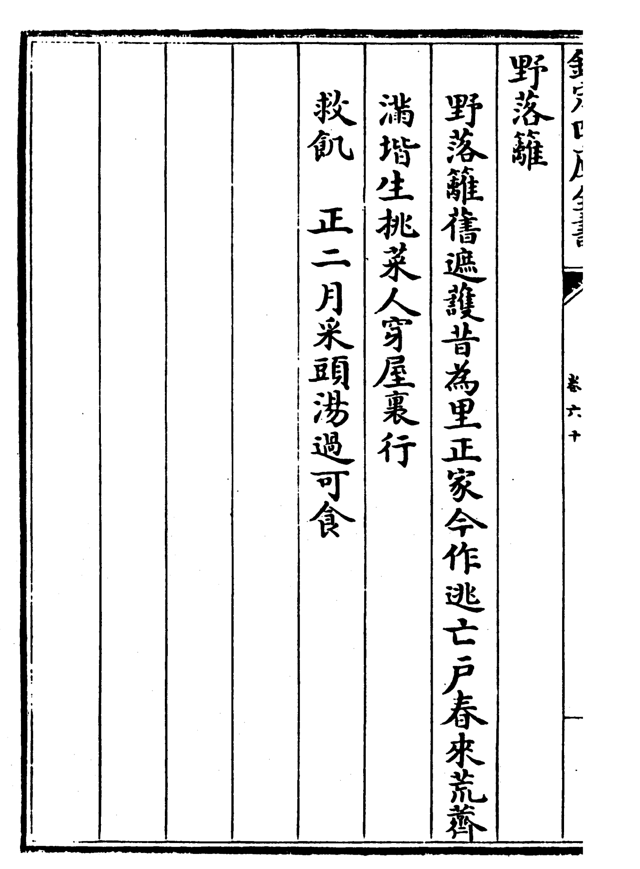
鴈腸子

鴈腸子遺溝壑應是今年絶飲啄兩翼低垂去不前苦遭餓鶻相擒搏嗟哉鴈兮有羽翰何況人生行路難

救飢　二月生如豆芽菜熟食之生亦可食

野落籬



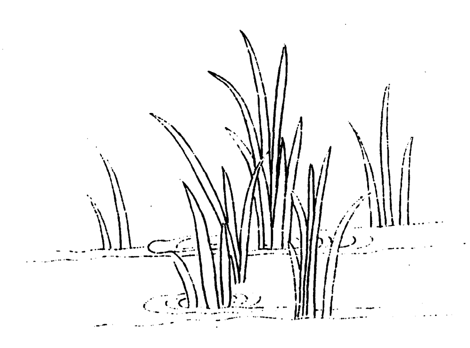


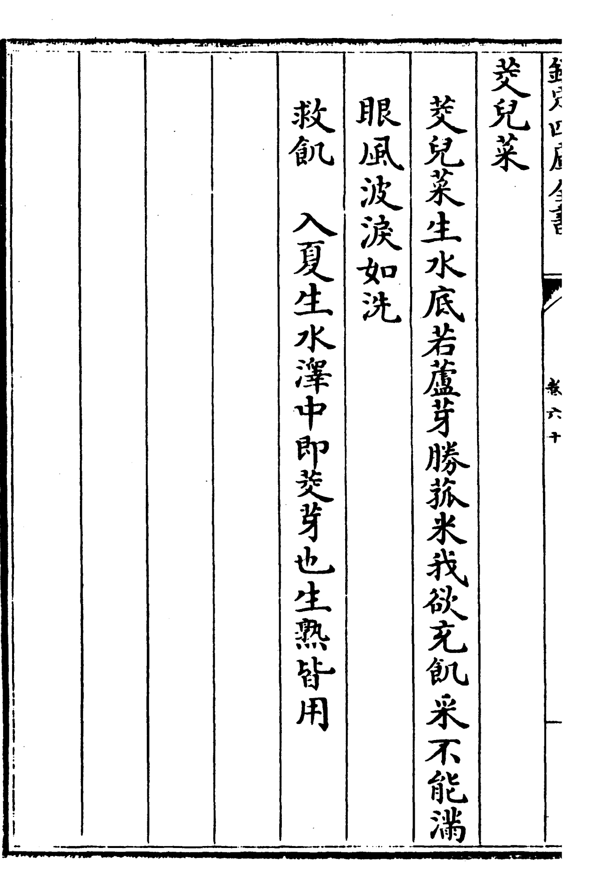
野落籬

野落籬舊遮護昔為里正家今作逃亡戶春來荒薺滿堦生挑菜人穿屋裏行

救飢　正二月采頭湯過可食

茭兒菜





茭兒菜

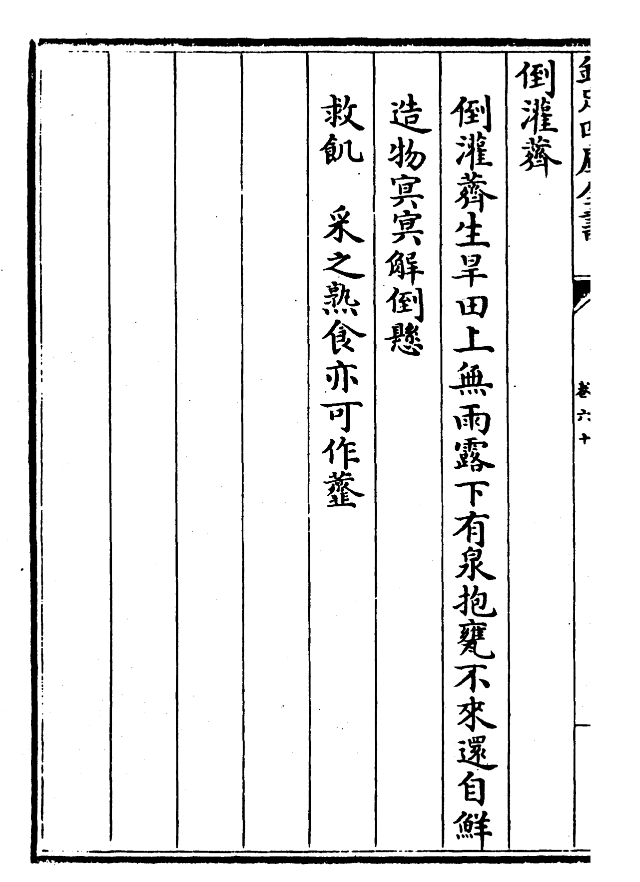
茭兒菜生水底若蘆芽勝菰米我欲充飢采不能满

眼風波淚如洗

救飢　入夏生水澤中即茭芽也生熟皆用

倒濯薺





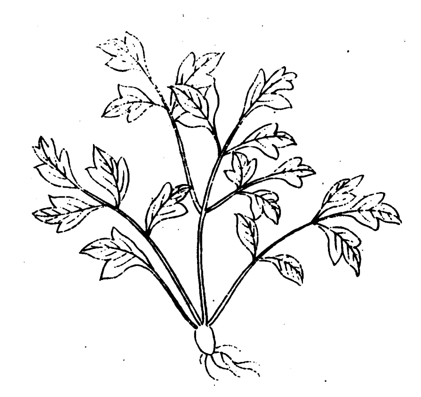
倒灌薺

倒灌薺生旱田上無雨露下有泉抱甕不來還自鮮

造物冥冥解倒懸

救飢　采之熟食亦可作虀

灰條

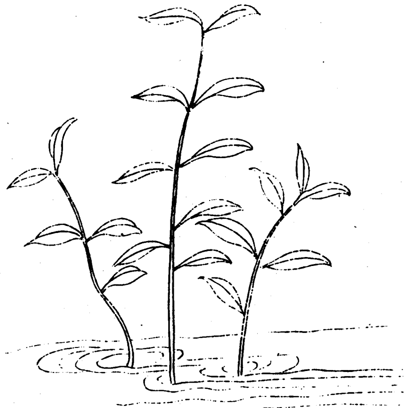


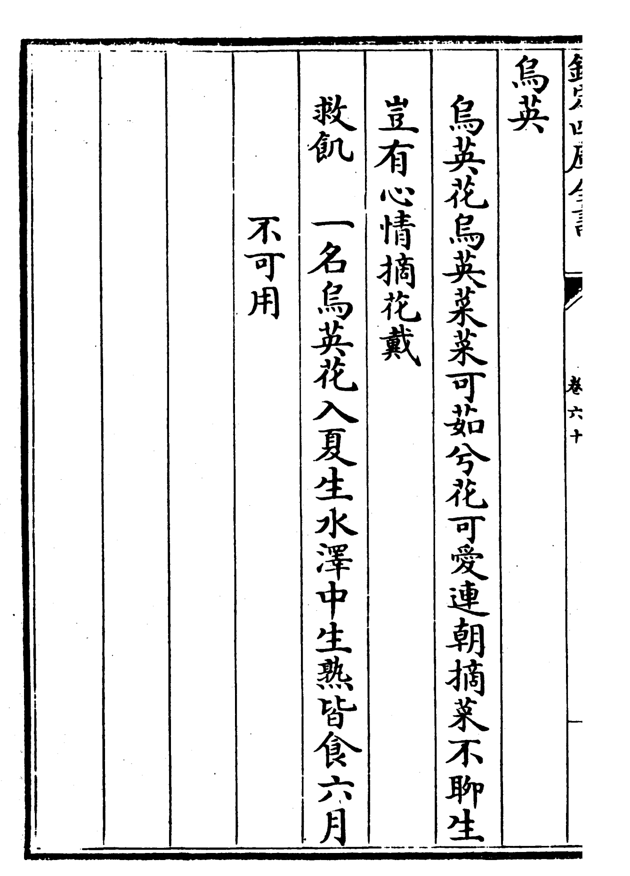
灰條 北翟也葉間有勃故稱灰焉北方翟條同音

灰條復灰條采采何辭勞野人當年飽藜藿凶歲得此為佳穀東家鼎食滋味饒徹却少牢羮太牢

救飢 此菜二種一種葉大而赤即藜藿一種葉小而青即今所采者湯過油鹽拌食

烏英





烏英

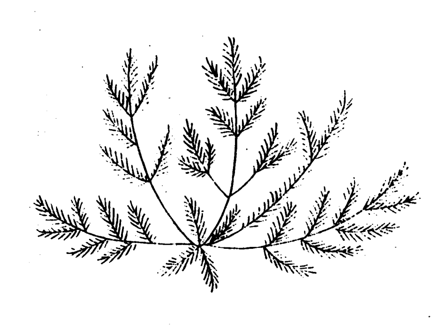
烏英花烏英菜菜可茹兮花可愛連朝摘菜不聊生

豈有心情摘花戴

救飢　一名烏英花入夏生水澤中生熟皆食六月

不可用

抱孃蒿



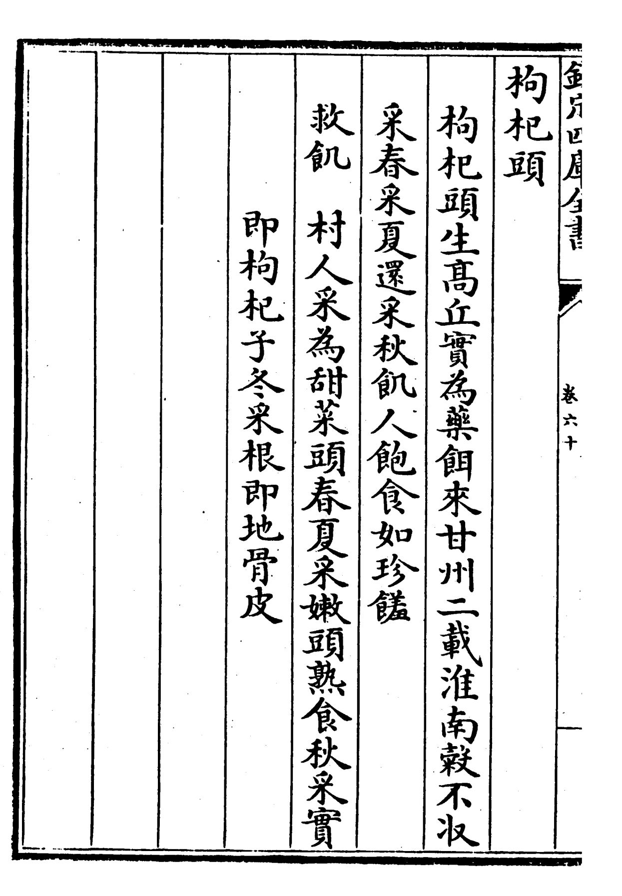
抱孃蒿

抱孃蒿結根牢解不散如漆膠君不見昨朝兒賣商

船上兒抱孃啼不肯放

救飢　二三月采熟食叢生故名

枸杞頭

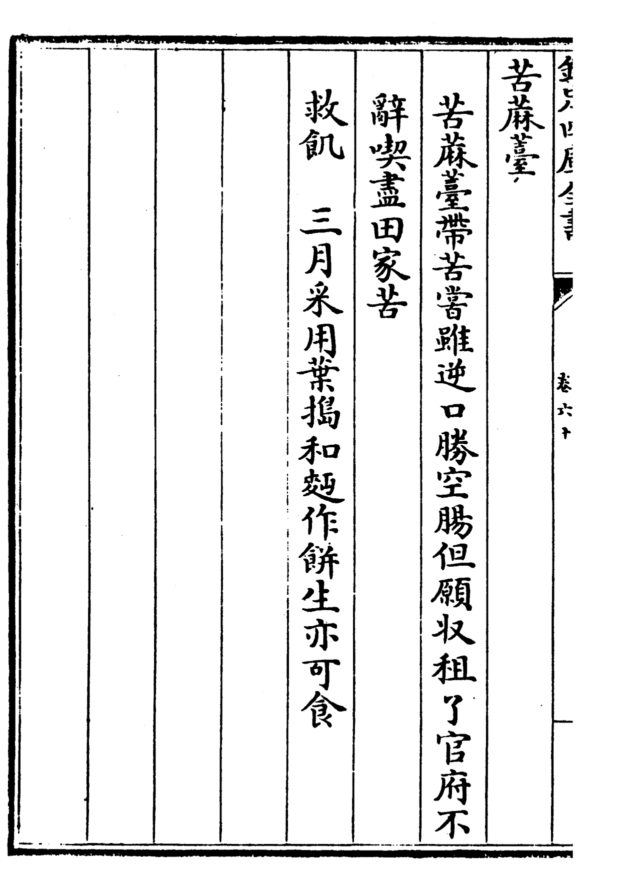


枸杞頭

枸杞頭生髙丘實為藥餌來甘州二載淮南穀不收采春采夏還采秋飢人飽食如珍饈

救飢　村人采為甜菜頭春夏采嫩頭熟食秋采實即枸杞子冬采根即地骨皮

苦蘇薹



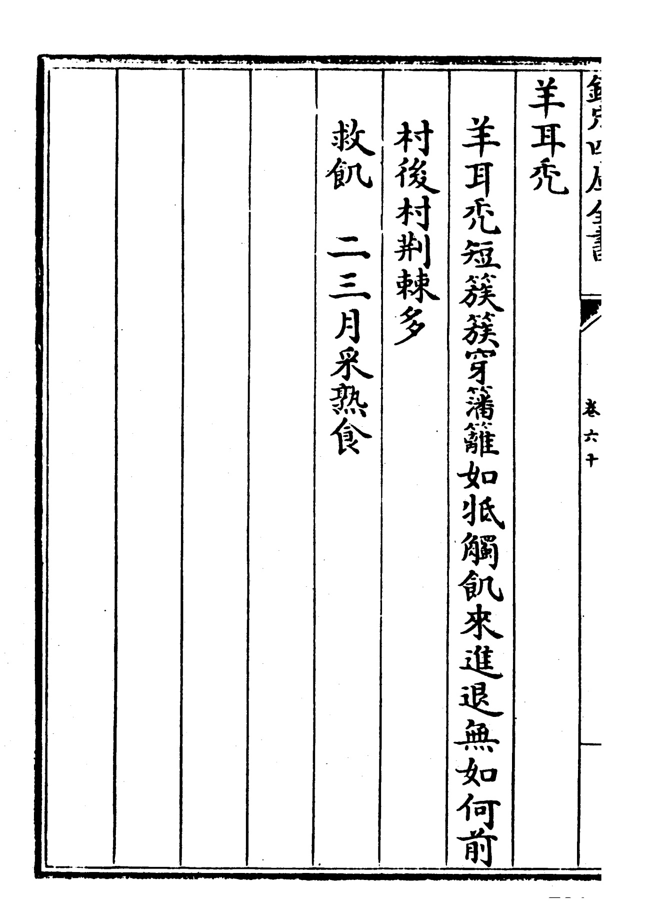
苦蔴薹

苦蔴薹帶苦嘗雖逆口勝空腸但願收租了官府不辭喫盡田家苦

救飢　三月采用葉搗和麪作餅生亦可食

羊耳秃



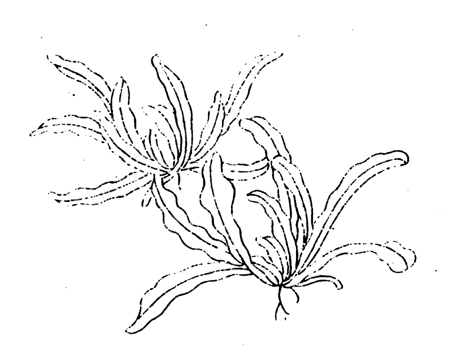


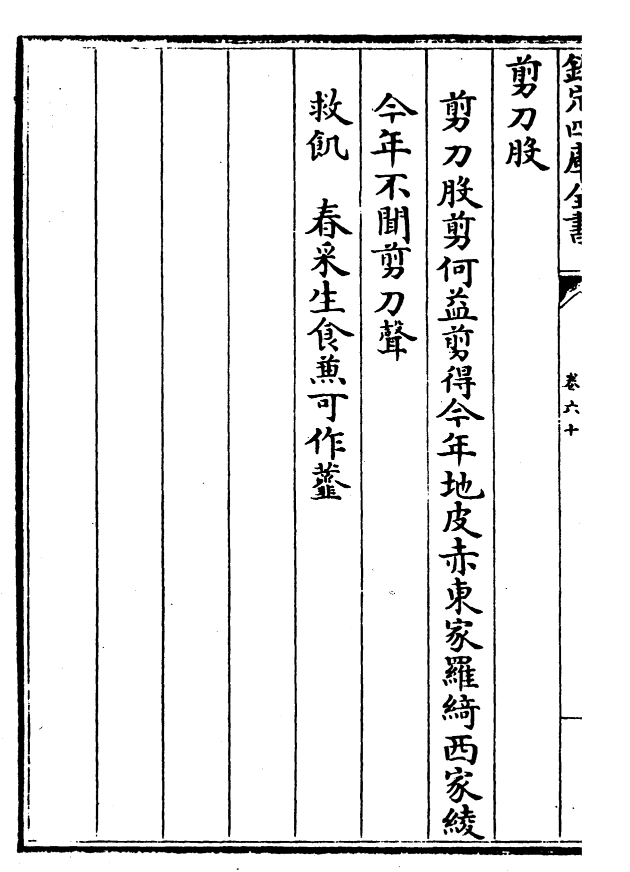
羊耳禿

羊耳禿短簇簇穿籓籬如羝觸飢來進退無如何前村後村荆棘多

救飢　二三月采熟食

剪刀股





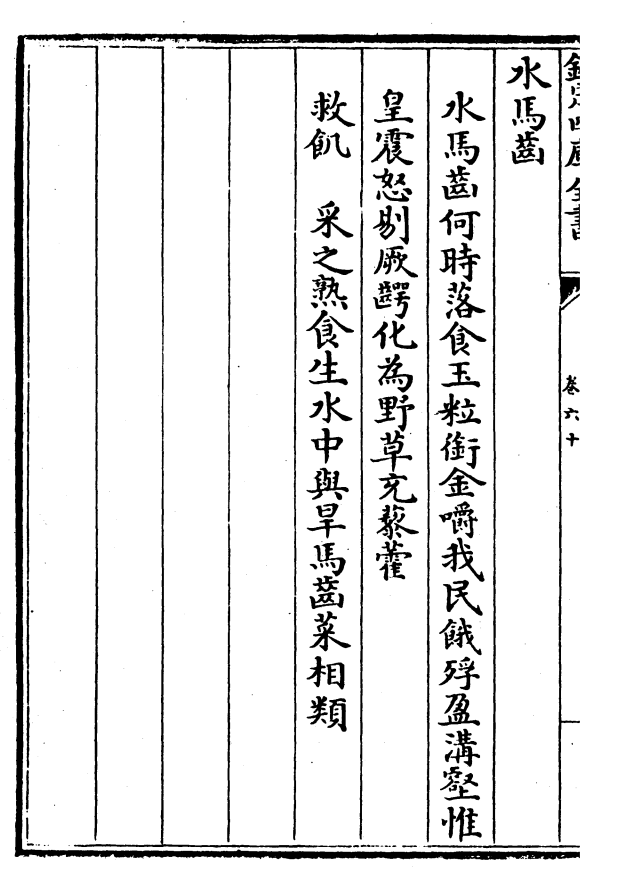
剪刀股

剪刀股剪何益剪得今年地皮赤東家羅綺西家綾

今年不聞剪刀聲

救飢　春采生食蕪可作虀

水馬齒



水馬齒

水馬齒何時落食玉粒銜金嚼我民餓殍盈溝壑惟

皇震怒剔厥齶化為野草充藜藿

救飢　采之熟食生水中與旱馬齒菜相類

野莧菜



野莧菜

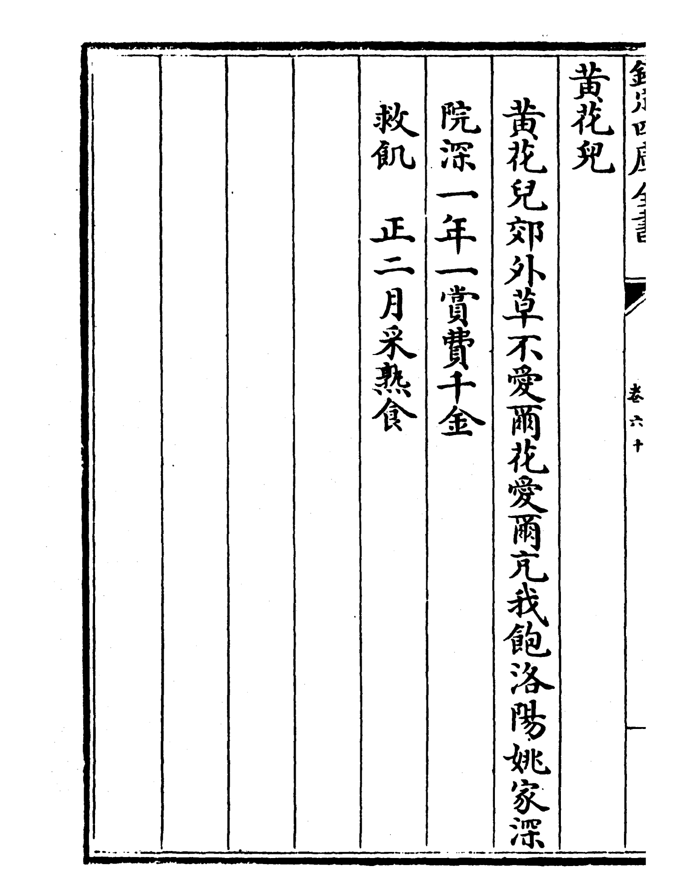
野莧菜生何少盡日采來充一飽城中赤莧美且肥

一錢一束賤如草

救飢　夏采熟食類家莧

黃花兒



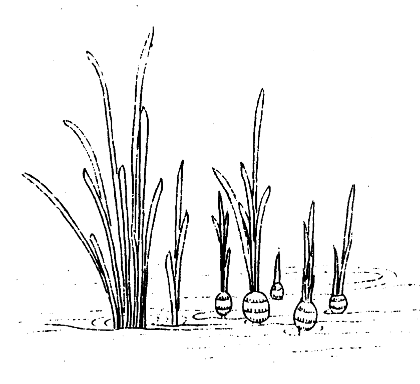


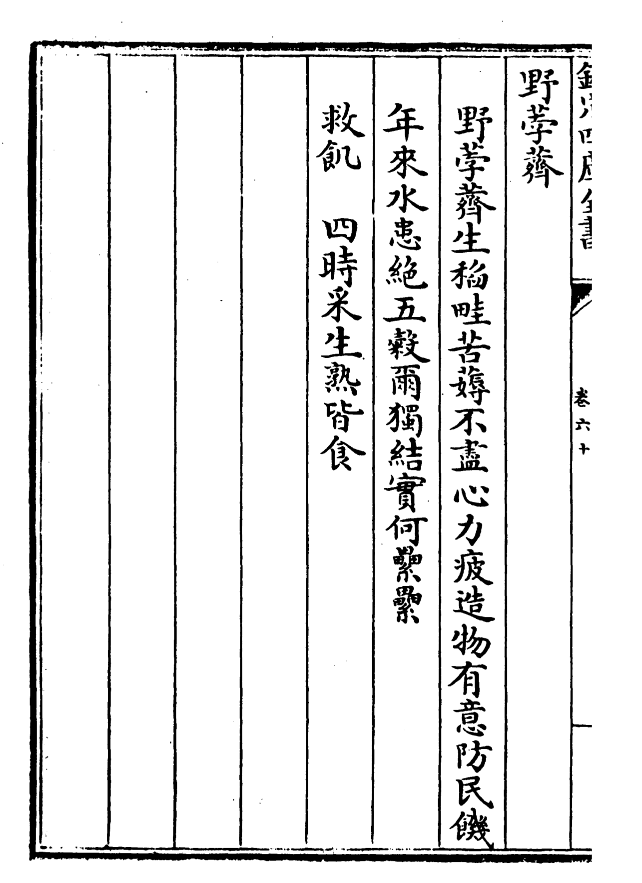
黃花兒

黃花兒郊外草不愛爾花愛爾充我飽洛陽姚家深院深一年一賞費千金

救飢　正二月采熟食

野荸薺





野荸薺

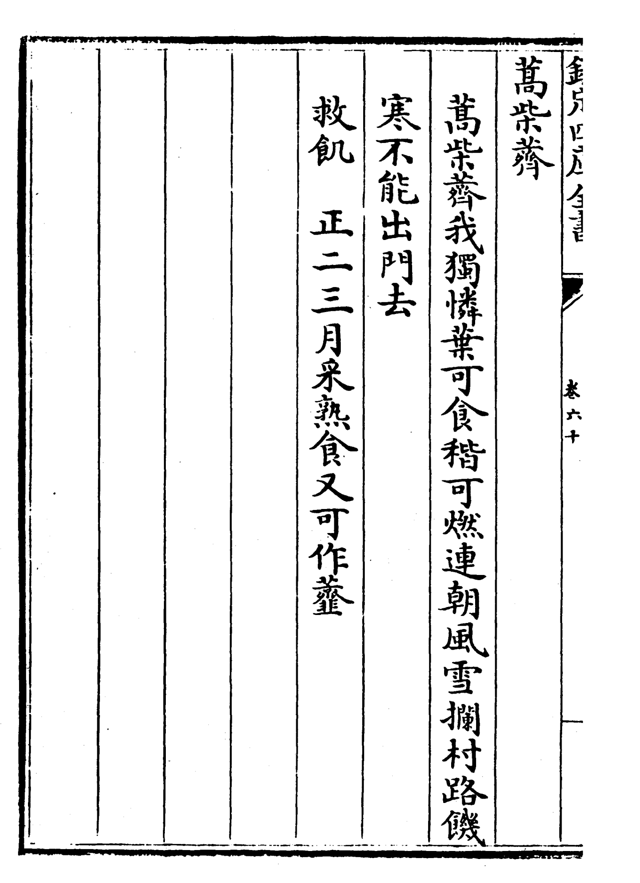
野荸薺生稻畦苦薅不盡心力疲造物有意防民饑

年來水患絕五穀爾獨結實何纍纍

救飢　四時采生熟皆食

蒿柴薺



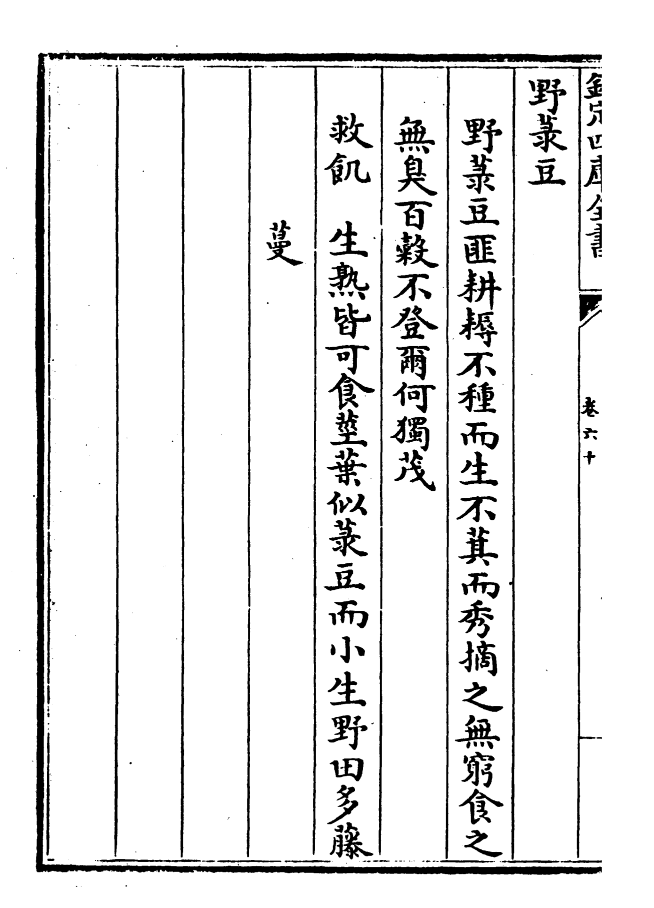


蒿柴薺

蒿柴薺我獨憐葉可食稭可燃連朝風雪擱村路饑寒不能出門去

救飢　正二三月采熟食又可作虀

野菉豆



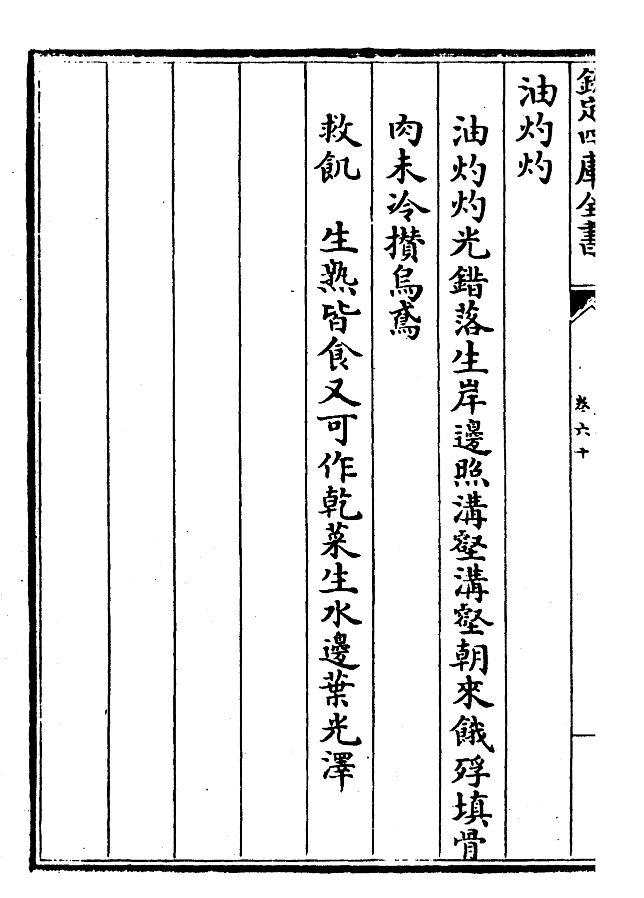
野菉豆

野菉豆匪耕耨不種而生不其而秀摘之無窮食之無臭百穀不登爾何獨茂

救飢　生熟皆可食莖葉似菉豆而小生野田多藤

蔓

油灼灼



油灼灼

油灼灼光錯落生岸邊照溝壑溝壑朝來餓殍填骨

肉未冷攢烏鳶

救飢　生熟皆食又可作乾菜生水邊葉光澤

雷聲菌



雷聲菌

雷聲菌如卷耳恐是蟄龍兒雷聲呼輒起休誇瑞草生莫嘆靈芝死如此凶年榖不登縱有禎祥安足倚

救飢　夏秋雷雨後生茂草中如蔴菇味亦相似

蔞蒿

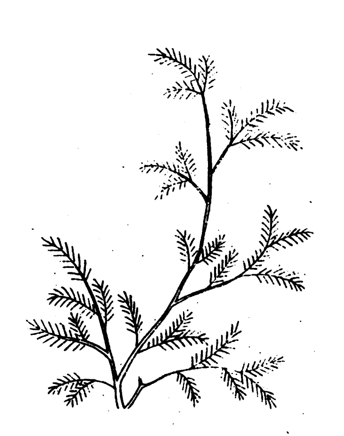
蔞蒿

采蔞蒿采枝采葉還采苗我獨采根賣城郭城裏人

家半凋落

救飢　春采苗葉熟食夏秋莖可作虀心可入茶

掃箒薺



掃箒薺

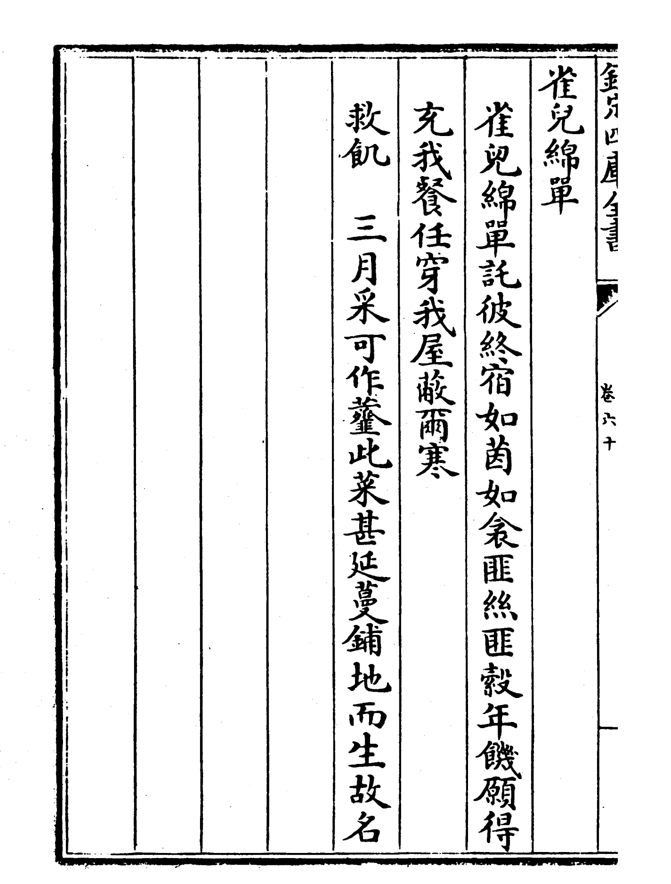
掃箒薺青簇簇去年不收空倚屋但願今年收兩熟

場頭掃箒掃盡秃

救飢 春采熟食

雀兒綿單



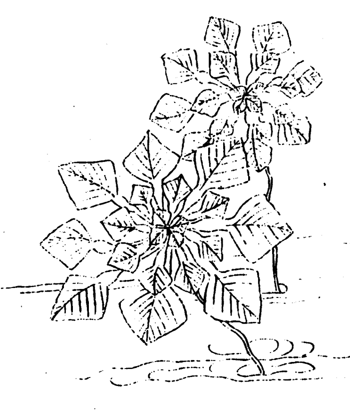


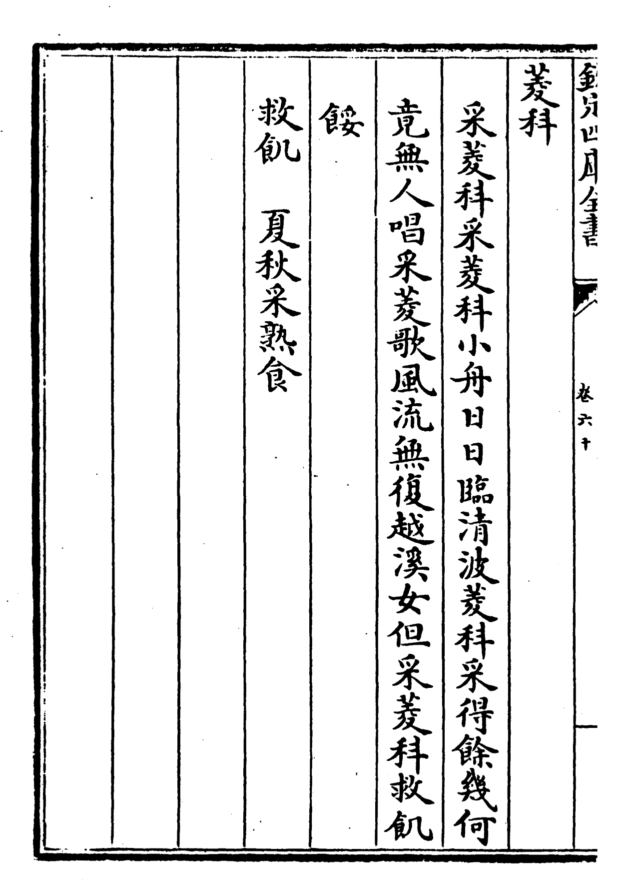
雀兒綿單

雀兒綿單託彼終宿如茵如衾匪絲匪穀年饑願得充我餐任穿我屋蔽爾寒

救飢　三月采可作虀此菜甚延蔓鋪地而生故名

菱科





菱科

采菱科采菱科小舟日日臨清波菱科采得餘幾何竟無人唱采菱歌風流無復越溪女但采菱科救飢

餧

救飢　夏秋采熟食

燈蛾兒

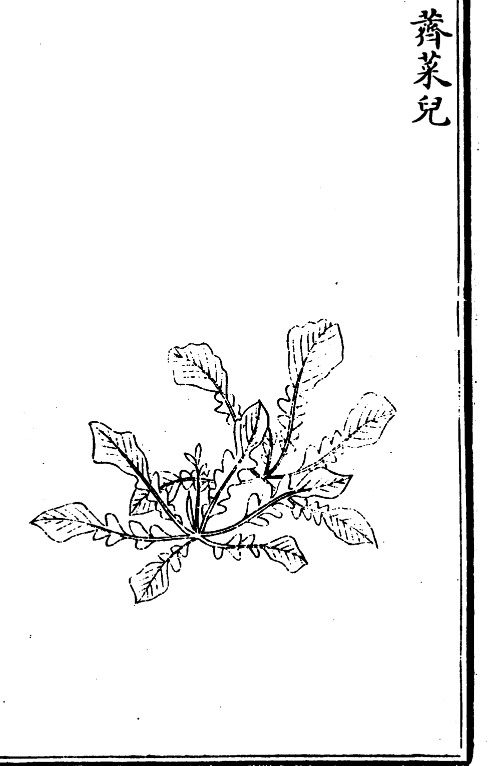
燈蛾兒

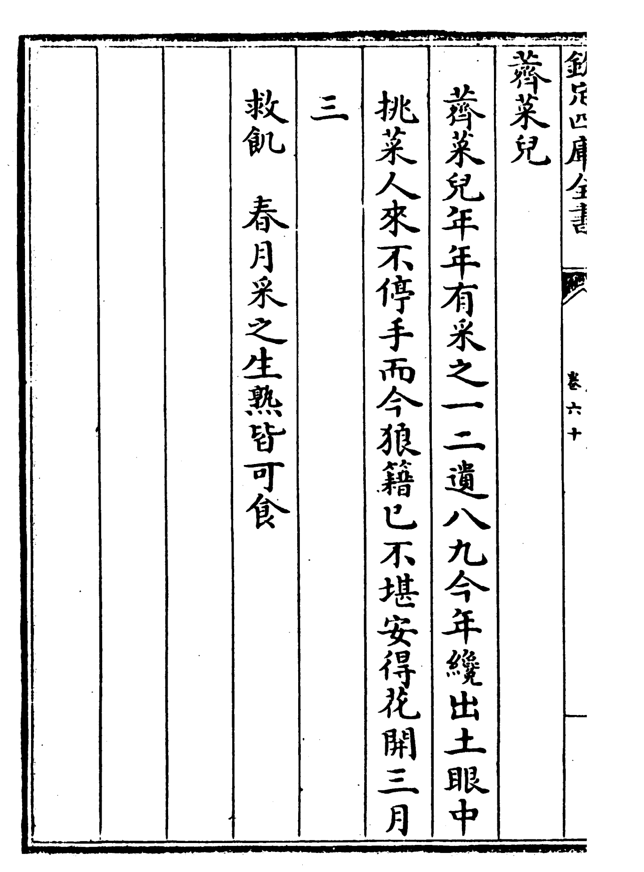
燈蛾兒落滿地化作草青青遭此饑荒歲曾見當年

遶絳紗於今燈火幾人家

救飢　二月采熟食

薺菜兒





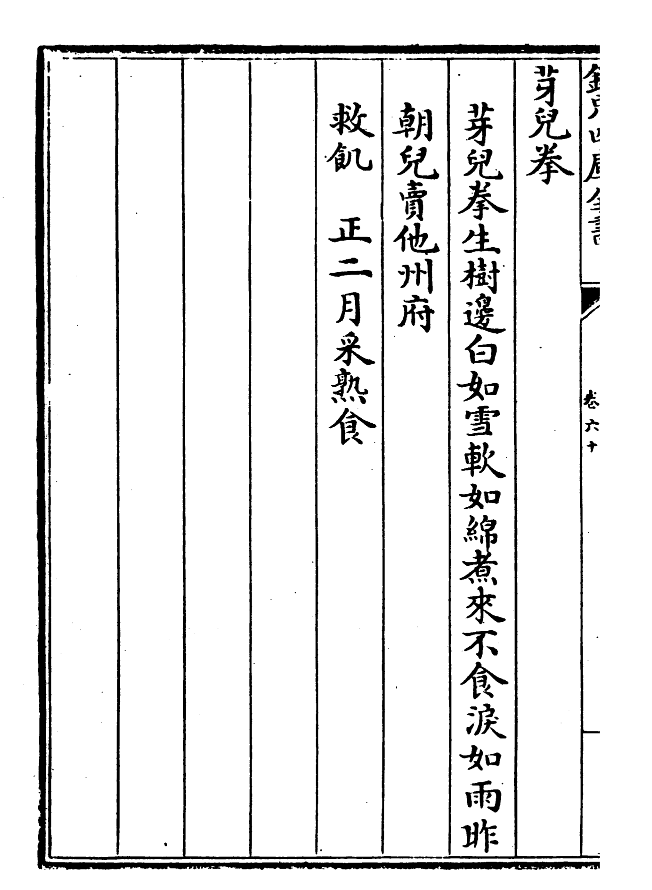
薺菜兒

薺菜兒年年有采之一二遺八九今年纔出土眼中挑菜人來不停手而今狼籍已不堪安得花開三月三

救飢　春月采之生熟皆可食

芽兒拳





芽兒拳

芽兒拳生樹邊白如雪軟如綿煮來不食淚如雨昨

朝兒賣他州府

救飢 正二月采熟食

板蕎蕎



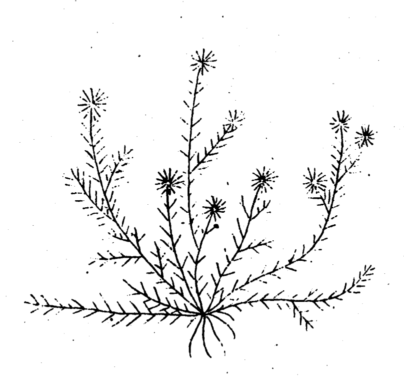
板蕎蕎

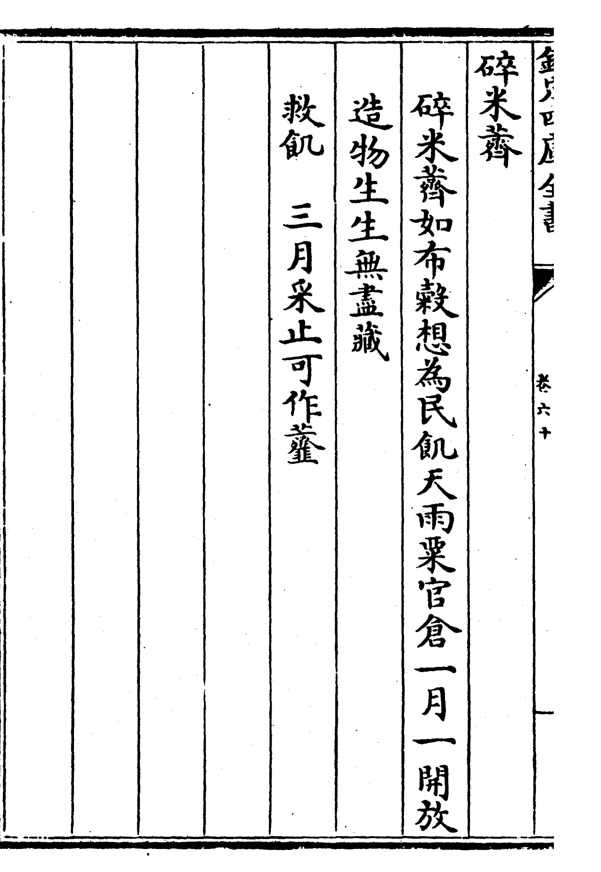
板蕎蕎兮吾不識出無路兮入無室將學道兮歸空山草為衣兮木為食

救飢　正二月和菱采之炊食三四月結角老不堪

用

碎米薺





碎米薺

碎米薺如布穀想為民飢天雨粟官倉一月一開放

造物生生無盡藏

救飢　三月采止可作虀

天藕兒

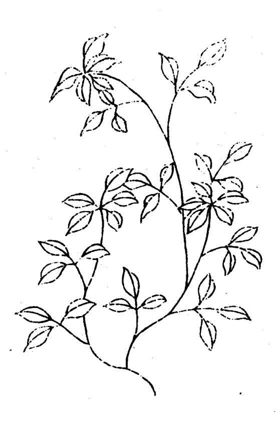


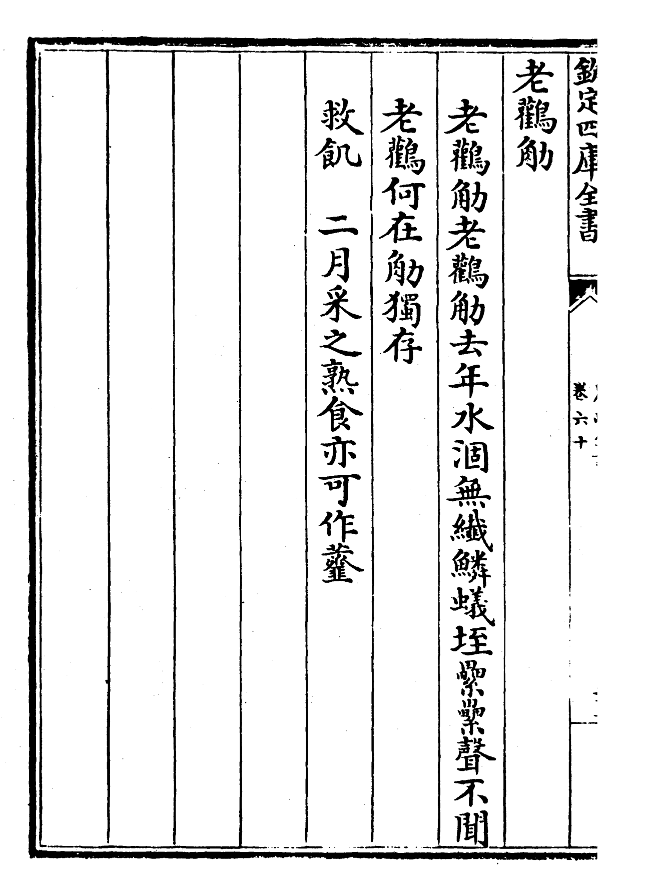
天藕兒

天藕兒降平陸活生民如雨粟昨日湖邊聞野哭忽憶當年采蓮曲

救飢　根如藕而小熟食楷葉不可食

老鸛觔





老鸛觔

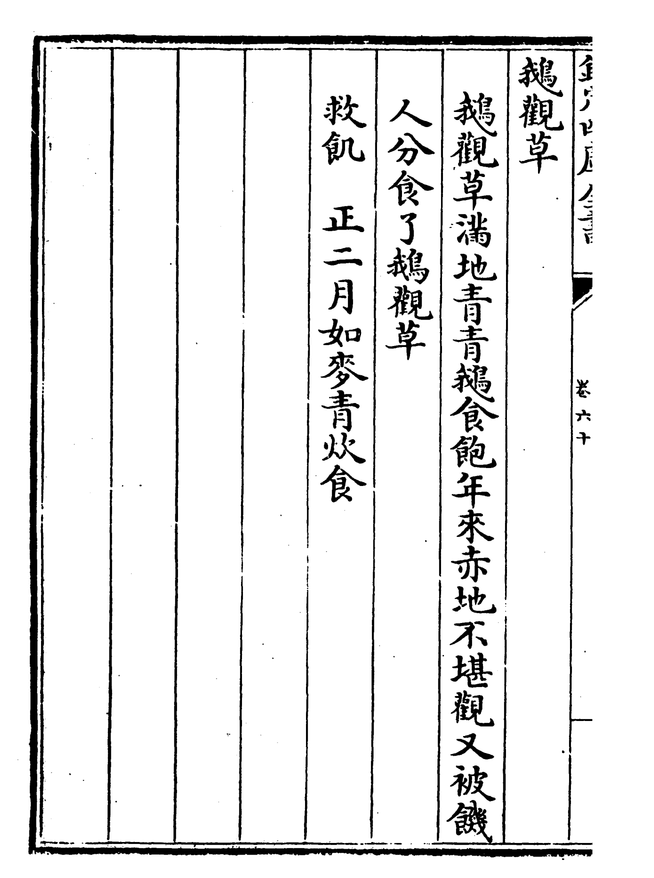
老鸛觔老鸛觔去年水涸無纖鱗蟻垤纍纍聲不聞

老鸛何在觔獨存

救飢　二月采之熟食亦可作虀

鵝觀草





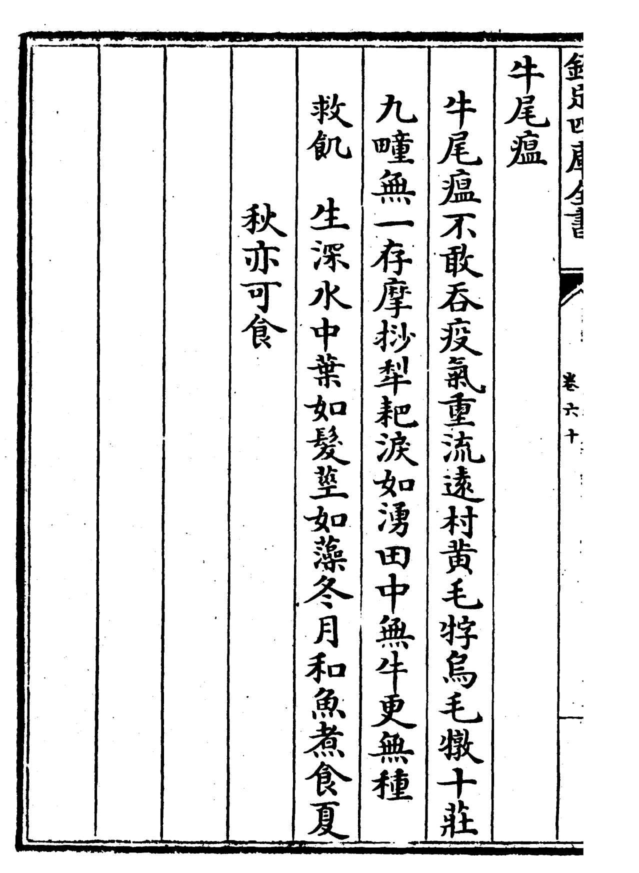
鵝觀草

鵝觀草滿地青青鵝食飽年來赤地不堪觀又被饑

人分食了鵝觀草

救飢　正二月如麥青炊食

牛尾蘊

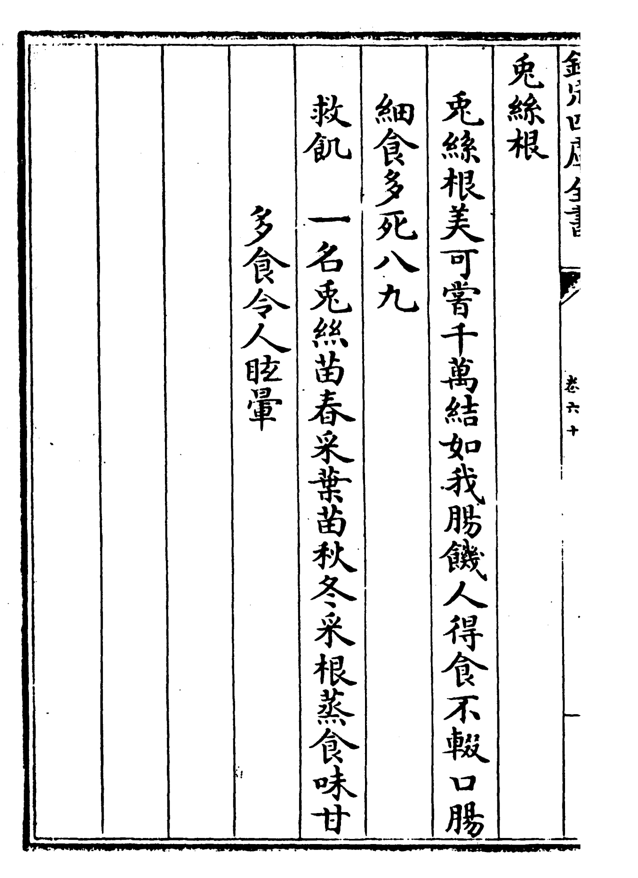


牛尾瘟

牛尾瘟不敢吞疫氣熏流遠村黄毛牸烏毛㹀十莊九疃無一存摩抄犁耙淚如湧田中無牛更無種

救飢　生深水中葉如髮莖如藻冬月和魚煮食夏秋亦可食

兎絲根



兎絲根

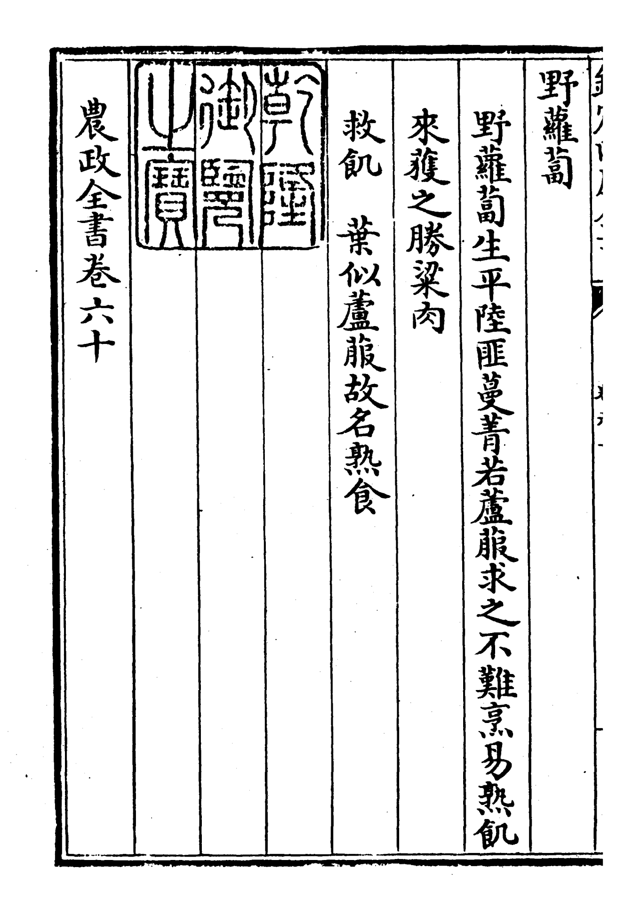
兎絲根美可嘗千萬結如我腸餓人得食不𩑶口腸

細食多死八九

救飢 一名兎絲苗春采葉苗秋冬采根蒸食味甘

多食令人眩暈

野蘿蔔



野蘿蔔

野蘿蔔生平陸匪蔓菁若蘆菔求之不難烹易熟飢來獲之勝粱肉

救飢　葉似蘆菔故名熟食